

Trust

Definition

- Reliance on the integrity, strength, ability, surety of a person or thing; confidence.
- Confident expectation of something; hope.

Story

Charles Plumb was a US Navy jet pilot in Vietnam. After 75 combat missions, his plane was destroyed by a surface-to-air missile. Plumb ejected and parachuted into enemy hands. He was captured and spent 6 years in a communist Vietnamese prison. He survived the ordeal and now lectures on lessons learned from that experience.

One day, when Plumb and his wife were sitting in a restaurant, a man at another table came up and said, "You're Plumb! You flew jet fighters in Vietnam from the aircraft carrier Kitty Hawk. You were shot down!"

"How in the world did you know that?" asked Plumb.

"I packed your parachute," the man replied. Plumb gasped in surprise and gratitude. The man pumped his hand and said, "I guess it worked!"

Plumb assured him, "It sure did. If your chute hadn't worked, I wouldn't be here today."

Plumb couldn't sleep that night, thinking about that man. Plumb says, "I kept wondering what he might have looked like in a Navy uniform. I wondered how many times I might have seen him and not even said, 'Good morning, how are you?' Because, you see, I was a fighter pilot and he was just a sailor."

Plumb thought of the man hours the sailor had spent on a long wooden table in the bowels of the ship, folding the silks of each chute, holding in his hands the fate of a pilot he didn't know.

When Plumb pulled the parachute cord that saved his life, he didn't think twice about whether or not it would open...he simply trusted that someone put in the hard work to make sure it would function properly.

Quotes

"Players need to trust and respect the fact that if I do my job we have the best chance of being successful. I don't have to make every play I just need to make the plays I'm supposed to make in the gap I'm supposed to make them, and trust the guy next to me will do the same."

Nick Saban

"Whoever is careless with the truth in small matters cannot be trusted with important matters." *Albert Einstein*

"It takes 20 years to build a reputation and five minutes to ruin it."

Warren Buffett

Interaction

1. What does it mean to trust something or someone?
2. How important is trust to a team? How can broken trust affect a team?
3. Has your integrity ever been questioned? How did it make you feel?

Main Idea

In team sports it is imperative to trust. Trust yourself, trust your teammates, and trust the system. It often takes tremendous time and effort invested to develop that trust. Trust is usually reciprocal. It is hard for a player to trust a teammate when that teammate does not trust him.

Trust begins from within and spreads outward. Integrity is at the heart of trust...it is who you are when no one else is looking.

In the 1990 qualifying school for the PGA Tour, golfer Tom Lehman called a penalty on himself when noticing a strong breeze caused his ball to move slightly as he addressed it. He wound up missing the cut by one stroke.

"If a breach of the rules had occurred and I didn't call it on myself, I couldn't look at myself in the mirror," he responded. "You're only as good as your word. And your word wouldn't be worth much if you can't even be honest with yourself."

Take Away

If you want to be trusted, then be trustworthy.